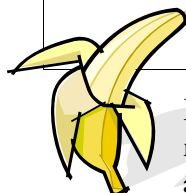




Information To Improve the Selection and Use Of Foods In Your Home



Potassium: Another Reason for Fruits and Vegetables

Volume XXIII

Foods high in potassium may help regulate fluids and mineral balance in and out of body cells, maintain normal blood pressure, help transmit nerve impulses and help muscles contract. Fruits and vegetables are among the best sources of potassium. This is yet another reason to eat five or more servings of fruits and vegetables a day.

This is a partial list of fruits and vegetables that are high in potassium:

- Apricot
- Banana
- Broccoli
- Cantaloupe
- Carrot
- Dates
- Mushrooms



- Potato
- Prunes
- Raisins
- Spinach
- Sweet Potato
- Swiss Chard
- Watermelon

Other food sources include: dry beans, lentils, peas, almonds and peanuts. Milk and yogurt supply potassium as well as calcium, another mineral that may guard against high blood pressure.

Note: Potassium chloride, as a salt substitute, isn't recommended. Unless used under medical supervision, it can be harmful to health.

Source: American Dietetic Association Complete Food and Nutrition guide

WORD WISE

Potassium chloride vs. potassium

Potassium is a mineral that is needed by the body to regulate blood pressures and nerve functions.

Potassium chloride is used as a salt substitute and should be used with medical supervision. Select herbs to satisfy seasoning needs.

Source: American Dietetic Association Complete Food and Nutrition Guide



STRAWBERRY BANANA SMOOTHIE

Ingredients

- 1 1/2 cups 1% low fat milk*
- 1 pint low fat vanilla yogurt
- 2 ripe bananas, peeled, sliced
- 1 1/4 cups sliced strawberries
- 2 tablespoons sugar
- 12 to 14 ice cubes
- *Can substitute lactose-free milk

Directions

In blender jar, combine milk, yogurt, bananas, strawberries and honey; add enough ice to measure 6 cups in blender. Process until smooth, scraping sides as necessary. Garnish each serving with strawberry slice and fresh mint if desired. Makes 5 servings (8 ounces each). Nutrition per serving: Calories 196, Total Fat 2.38 g, **Potassium 589 mg.**





Meal Planning Tips

An eating plan that may help lower your blood pressure is the DASH (Dietary Approaches to Stop Hypertension) diet.

- ◆ Eat at least two to three servings of low-fat dairy products and eight to ten servings of fruits and vegetables every day.
- ◆ Eat foods high in magnesium, calcium and potassium (see examples of this at the DASH website: www.nhlbi.nih.gov/hbp/index.html and select "DASH.")
- ◆ Cut down on the total fat you eat (especially saturated).
- ◆ Increase physical activity and monitor your weight.

Using Spices and Herbs in Place of Salt

Herbs and spices are a great alternative to salt. Add them to your food slowly because they take some getting used to. Here are a few suggestions:

- ◆ Add fresh herbs at the beginning of cooking and dried herbs at the end.
- ◆ For Italian dishes, use spices such as garlic, basil and oregano.
- ◆ For Mexican dishes, use spices such as chili powder, cumin, red pepper and cinnamon.
- ◆ For Asian dishes, try cloves, coriander and turmeric.
- ◆ For simple dishes, try black pepper, garlic and onion.

Source: FCS MSU Extension



CHECK THE LABEL

Potassium

Natural plant foods are usually high sources of potassium compared to many processed foods. The best potassium rich foods are fresh fruits and vegetables and dairy foods like milk and yogurt.

3,500 mg of potassium is recommended daily. For example, a one cup serving of fresh steamed broccoli contains 505 mg of potassium; fresh potato contains 720 mg of potassium.

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 2%
Niacin 8%	Vitamin B ₆ 10%
Folate 6%	Phosphorous 6%
Zinc 2%	Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA

NUTRITION TRIVIA

Do you know what an UGLI FRUIT is?

It is a new citrus fruit - bred by crossing a grapefruit with an orange or tangerine. It is grapefruit sized, but loose-skinned, like a tangerine, with pinkish orange flesh that is sweeter than grapefruit and nearly seedless. Ugli fruit originated in Jamaica, but is now grown in Florida. Use ugli fruit as you would grapefruit or oranges - as a breakfast fruit or in salads and desserts.



Source: American Dietetic Association



Nutrition To Go!

Most of us lead very busy lives, which means sometimes making healthy choices can seem too difficult or time consuming to consider. But the principles of healthy eating apply wherever you eat. Choose a variety of foods from all food groups, increase your grains, fruit and vegetable consumption, choose leaner meats and lower-fat dairy products and select food prepared using little or no fat. A little planning can help you make healthy food choices wherever you go.

Grazing/Snacking:

Eating small meals or snacks throughout the day can bring nutrition into a busy life. Have “grazing foods” available for really hectic days when you don’t have time for “sit down meals.” Long periods without meals and meal skipping can increase impulse eating.

Different eating situations:

With a little thought and planning you can ensure your food choices are healthy ones. Limit some foods and choose others more often...



Handy snacks for grazing days:

Small bagels
Bran muffins
Whole grain crackers
Cold cereal
Rice cakes
Raisin bread
Cereal bars
Hard cooked eggs

Raw vegetables
Cheese or Yogurt
Juice
Pita Bread
Dried fruits, fresh fruit
Fig bars
Milk
Hummus



SITUATION	TRY TO LIMIT	CHOOSE INSTEAD
Meetings	Doughnuts, monster muffins, cookies, tea and coffee with cream.	Small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk
Vending machines/ catering trucks	Danish, chocolate bars, French fries, soft drinks, chips	Juices, pretzels, sandwiches, milk, soup, fruit, cereal boxes, yogurt, whole grain breads
Hectic schedule/long hours	Chips, cookies, coffee with cream. Hot dogs, pizza with double cheese & pepperoni	Fresh fruit, muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt
On the road	Chips, fried foods, large burgers, salads loaded with dressing	Small plain burgers, bagels, cereal bars, crackers and cheese, juice, turkey sandwiches, pizza with ham and vegetables

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



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For more information or questions regarding food and nutrition, contact us!

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